

LOWER COLUMBIA COLLEGE

Get a Running Start on College!



**Running Start
Information Session**

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Program Overview

What is Running Start?

Running Start is a program that allows Washington State 11th and 12th grade students to take college courses at community and technical colleges. Running Start students and their families do not pay tuition, but they do pay mandatory fees, buy their own books, and provide their own transportation. Students receive both high school and college credit for these classes, thus accelerating their progress through the education system. Learn more about Running Start at the [Washington State Board for Community and Technical Colleges website](http://sbctc.ctc.edu) (sbctc.ctc.edu).

Who is eligible for Running Start?

There are some restrictions on who can participate in the Running Start Program at Lower Columbia College. You must meet the following criteria in order to join Running Start:

- Have enough high school credits to be considered a high school junior or senior.

AND

- Have at least a 2.5 cumulative GPA in your high school classes.
- Have a 3.0 GPA or better in all high school level English/Literature classes.

OR

- Score a 3 or 4 on the English and math portion of your Smarter Balanced assessments.

Why should I participate in Running Start?

- It can save you THOUSANDS of dollars.
- At Lower Columbia College it's a savings of \$1,424.60 per quarter and \$4,273.80 per year!
- If you stay on track as a full-time LCC student, you may earn your two-year transfer degree AND earn a high school diploma at the same time!
- It gives you an academic jump start into college and exposes you to college level instruction.
- It allows you the best of both worlds: high school and college.

What about sports, music and other activities?

At high school you can still:

- Do sports, dance, and cheer.
- Be in clubs, organizations, student government, band, and choir.

- Go to dances, games, and events.

At Lower Columbia College you can:

- Get into all of the sports, musical, and theatrical events for free.
- Run for office and participate in the LCC student government (ASLCC).
- Access free tutoring and use of the fitness center.
- Participate in student events like the Back to School Bash, Red Devil Fitness Classes, and Red Devil Days.

Useful Links:

- [Running Start page on the LCC Website](http://lowercolumbia.edu/running-start) (lowercolumbia.edu/running-start)
- [Advantages to enrolling in Running Start](http://lowercolumbia.edu/running-start/advantages) (lowercolumbia.edu/running-start/advantages)
- [Washington State Board for Community and Technical Colleges](http://sbctc.ctc.edu) (sbctc.ctc.edu)

Classes at LCC

What are my class options?

Running Start offers the same class options as our other students. As a Running Start student, you may choose from a full range of courses as long as they are college-level (numbered 100 and above), and meet the qualifying criteria. You can attend classes:

- Traditional, in class (also called face-to-face).
- Online.
- Hybrid, online and in class.
- Full-Time.
- Part time.

LCC offers classes in a traditional setting as well as online. Online classes require strong time management skills, and are generally not advised in your first quarter unless you have experience in an online setting.

At some rural area high schools, LCC has study centers with computers inside your high school where you can work on your homework and your LCC online classes. It gives you the option to stay on your high school campus and access high speed internet without making the commute to Longview, so you have more time to do extra-curricular activities.

What are classes like at Lower Columbia College?

Classes at LCC are different than at the high school. College courses typically move at a faster pace and are more demanding of your time and attention. To manage your time and to be more accountable, students should plan to study independently at least two hours outside of class for each hour an LCC class meets.

It is recommended that you only take 100 level classes during your first year at LCC. Most Running Start students need Political Science 202 (American Government) and 203 (International Relations) to meet high school graduation requirements. These are sophomore level classes and you must have completed English 101 before you can take these classes.

There is no indicator on a class roster that identifies you as a Running Start student. LCC instructors expect all students to act responsibly and complete the required work independently.

Class participation is important for your success and in most cases it will constitute a part of your grade. It is unlikely that you will be successful if you do not attend on a regular basis; missing only a couple classes could lower your grade in that class.

Useful links:

- **LCC Running Start Frequently Asked Questions** (lowercolumbia.edu/running-start/faq)
- **Class Schedule** (lowercolumbia.edu/classes/index)

Costs and Tuition

How much does the program cost?

- Running Start only covers the cost of tuition for college-level classes (those numbered 100 and above).
- The more classes you take at the high school the less tuition free credits you get at LCC and vice versa. If you take more than what is allotted, you will have to pay for the excess tuition.

Are there other expenses?

As a Running Start Student you are also responsible for:

- All college fees. Fees are similar to taxes and cover costs for facilities, gym, security, tutoring and other student necessities.
- Transportation (free city transportation with updated student ID).
- Books, supplies, or tools (for vocational classes).

Can I get help paying for my fees and books?

Yes! If your family qualifies for the federal free/reduced lunch program through the school district, then LCC is able to help you with a fee waiver and our Book Loan Scholarship.

Useful Links:

- **LCC Running Start homepage** (lowercolumbia.edu/running-start)
- **Tuition & Fees page** (lowercolumbia.edu/tuition/index)

Application Process

How do I get into Running Start?

Running Start has a two-step application process:

1. Apply for Admission to Lower Columbia College.
 - Apply on the **Lower Columbia website**.
 - Social Security Number (SSN): Please make sure you provide this information on the application.
 - Academic History: Mark no for graduating, 10 or 11 for highest grade completed.
2. Apply for the Running Start program by the deadline.
 - Applications can be picked up after the information session or found online on the **LCC Running Start homepage**.
 - Fill out the application, provide the required documents (HS transcript and SBA scores if needed), and turn it into the Running Start Office during the early bird application period.
 - If you miss the application deadline you can still participate in Running Start, you'll just have to wait until open registration.

What if my high school GPA isn't a 2.5?

If you do not have a current cumulative high school grade point average (GPA) of 2.5, you do not meet the general requirements for the Running Start program. However, we encourage students to submit the application and high school transcript for individual evaluation and possible conditional acceptance to the program.

If your grades improve after first semester of the school year and it raises your GPA above 2.5, you may also apply for the program mid-year and begin the following quarter.

What are the academic requirements for participating in Running Start?

You must earn a quarterly GPA of 2.0 or higher at LCC. If you fall below a 2.0 in any quarter you will be placed on academic probation for the following quarter. If you are placed on academic probation, you will be required to have a meeting with one of the Running Start advisors and complete a probation action plan.

If your GPA is below 2.0 for two consecutive quarters, you will be permanently suspended from the Running Start program and will have to return to the high school full-time.

Useful links

- **Lower Columbia College Application** (lowercolumbia.edu/apply/index)
- **Running Start Application** (lowercolumbia.edu/running-start/_assets/documents/RSPProgram-Application.pdf)

Next steps

I've been accepted, now what?

- Schedule a meeting with your high school counselor.
- Fill out the Running Start Enrollment Verification Form with your high school counselor. This form can be found on our website.
- Attend, with your parent or guardian, a mandatory Running Start New Student Orientation. The orientation lasts approximately two hours and will cover important details about your experience at LCC. You will be dropped from your classes if you and your parent/guardian do not attend an orientation.

What if I qualify for free or reduced lunch at my high school?

- Complete the Free/Reduced Lunch form, or obtain a copy of the official letter from the school district as proof of eligibility for the program to have your fees waived.
- Apply for the Book Loan Program (must be completed at the end of each quarter). Please keep in mind that simply filling out the Free/Reduced Lunch form or submitting the letter does not automatically qualify you for the Book Loan Program, there is a separate application you must complete. More information will be provided once you are in the Running Start program.

Useful Links

- **Enrollment Verification Form** (lowercolumbia.edu/running-start/_assets/documents/evf-form-2019-20.pdf)
- **Free/Reduced Lunch Form** (lowercolumbia.edu/running-start/_assets/documents/Fee-Waiver-2019-2020.pdf)

Communication

How do I communicate with the Running Start office?

For appointments and general inquiries, contact the front desk at (360) 442-2442 or contact one of the Running Start Staff members directly:

Lupe Rodriguez, Manager
(360) 442-2444
grodriguez@lowercolumbia.edu

Carmilla Rollins, Ed Planner
(360) 442-2411
crollins@lowercolumbia.edu

How do I receive text messages from Running Start?

Sign up to send/receive text messages through REMIND: Contact the Running Start office.

Please note: you should also sign up to receive emergency text messages from Lower Columbia College. To sign up for emergency twitter alerts, put 40404 in the "to" line of your text message and enter "Follow LowerCC_Alerts" in the body of the text message. See **Emergency Text Messages** in LCC's **Emergency Handbook** for more information.

What about social media?

Follow us on Twitter: @LCCRUNNINGSTART
twitter.com/LCCRunningStart

Like us on Facebook:
[facebook.com/
LowerColumbiaCollegeRunningStart](https://facebook.com/LowerColumbiaCollegeRunningStart)

Useful links

LCC Emergency Handbook ([lowercolumbia.edu/
publications/emergency](https://lowercolumbia.edu/publications/emergency))

Emergency Text Messaging ([lowercolumbia.edu/
publications/emergency/emergency-text-messages](https://lowercolumbia.edu/publications/emergency/emergency-text-messages))

Non-Discrimination and Anti-Harrassment Statement

Lower Columbia College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, perceived or actual physical or mental disability, pregnancy, genetic information, sex, sexual orientation, gender identity, marital status, creed, religion, honorably discharged veteran or military status, or use of a trained guide dog or service animal. All Inquiries regarding compliance with access, equal opportunity and/or grievance procedures should be directed to Director of Human Resources & Legal Affairs, 1600 Maple Street, PO Box 3010, Longview, WA 98632, Phone number, (360) 442.2120, Phone number/TTY (800) 833-6388.

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lowercolumbia.edu

LCC is an equal opportunity institution.